

WANNABE *Balanced Mom*

LUNCH MEAL PLAN

MONDAY

Shredded Chicken Tacos w/
flour tortillas

TUESDAY

Spag. Squash w/ ground
turkey meat sauce.
Grapes, fruit snacks, and
granola bar.

SHOPPING LIST

spag. squash
grapes
lettuce
cuties
bell peppers
sour cream
ranch dip
parmesan cheese
shredded cheese
flour tortillas
wheat bread
hogie bread
brown rice
nuts
Annie's organic crackers
Annie's organic fruit snacks
Annie's organic granola
bars
Peanut butter balls
spag. sauce
ground turkey
chicken
Isalean protein bars

WEDNESDAY

Fun shaped PB&J, carrots w/
ranch dip, organic coconut
cookie, and Annie's organic
bunny grahams.

THURSDAY

BBQ Chicken Sandwich,
cutie, nuts, and granola bar.

FRIDAY

Chicken Teriyaki w/ brown
rice, bell peppers w/ ranch
dip, Isalean Chocolate
Decadence protein bar.

NOTES



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